

Utah Association of Family and Consumer Sciences

An Affiliate of the
American Association of Family
and Consumer Sciences

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April 2007

UAFCS President's Message — Kathy Croxall

Greetings UAFCS Members!

We have been enjoying some lovely spring weather in Utah, but as I sit here, the snow is falling and I'm tired of winter—how about you? Perhaps, by the time this newsletter reaches you, spring will have come.

With all the changes at the national level, we as your UAFCS board are looking at proposals for the structure of our state affiliate. We are comfortable with what we have been doing but want to make things even better. We want to foster communication and cooperation with all FACS professionals throughout the state. We welcome any suggestions you might have towards that end.

The AAFCS Centennial Planning committee has suggested that each state affiliate find some way to participate in and celebrate the upcoming centennial of our organization. One suggestion was to make a quilt. There are some professionals in our Utah affiliate that would like to pursue this option. If you are a quilter or an historian, we'd love to have your input and help. There are numerous directions the plans could take and creativity is always appreciated.

Make your plans now to attend the AAFCS Annual Meeting in Reno. It is June 21-24. Early bird registration is available until April 13, so register early to save some money. It is great when we can network with so many other professionals so close to home. Check out <http://www.aafcs.org/meetings/07/index.htm> for current information on the conference. Several professionals from the state will be presenting and participating. Go and support them as well!

Much is happening as we move forward in the year. It is time for you to start thinking about serving as an officer for the upcoming year, or for you to nominate

someone else to serve on our UAFCS Board. We also encourage you to think about the great people you work with and nominate them for an award through our organization.

I'll close with a thought that I keep returning to. I hope as we work to increase communication and cooperation throughout the state, as we work with our colleagues and within our families, we can all remember this sound advice.

"I come to you with a plea that we stop seeking out the storms and enjoy more fully the sunlight. I am suggesting that as we go through life we try to 'accentuate the positive.' I am asking that we look a little deeper for good, that we still our voices of insult and sarcasm, that we more generously compliment virtue and effort." (Hinckley, Gordon B. (2000), *Standing For Something: Ten Neglected Virtues That Will Heal Our Hearts and Homes*, Times Books, 101.)

Dr. Kathy Croxall, CFCS

U A F C S



... at the heart of the home & beyond



Participate in a Free Online Summit for Financial Literacy Education — 4/30/07

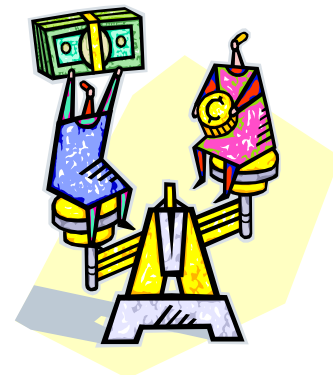
Many state legislatures and school boards nationwide are considering policies and legislation mandating financial literacy curriculum for K-12 students. A number of states, such as Utah, have measures in place defining financial literacy as well as mandates including graduation requirements for financial literacy education. More proposals are likely to come nationwide as school boards, community groups, and even the federal government all consider policy recommendations and propositions. This includes whether or not the federal government should require basic national financial literacy standards for K-12 students.

This policy debate will take center stage April 30, 2007 at the Federal Reserve Bank of Chicago, as the Fed and VISA USA bring together educators, policy makers, and members from the non-profit and private sectors from around the country to contribute to this national discussion.

The two-hour summit will be simulcast live over the Internet from 12-2 PM Central Standard Time and be available online after the event as streaming video. There is no charge for viewing the summit. However, persons interested in doing so must register. One can register for this free online webinar by visiting the following website:
<http://www.practicalmoneyskills.com/summit2007>

The first session will discuss national frameworks for financial literacy education and the challenges of promoting financial education on a national level. Session Two brings together experienced financial education advocates from the non-profit and private sectors, educators, and practitioners to share different approaches in helping our nation's citizens increase their financial understanding and confidence. These best practices will highlight what financial education programs have succeeded in the classroom and why. Though the identities of the summit's discussants and presenters are not known, family and consumer science professionals will hopefully be among them.

Article from: <http://www.aafcs.org/whatsnew/webinar.html>



Seminar will highlight best financial practices for the classroom.



NEW CHANGES IN AAFCS'S STRUCTURE

At the AAFCS Annual Meeting in Charlotte, North Carolina last June, the 2006 Senate voted to eliminate the current AAFCS structure of sec-

tions and divisions effective May 1, 2007. The action encouraged Communities of Interest/Practice to self-form online, with leaders emerging

naturally and changing as needed. These Communities of Interest/Practice will function under the purview of the AAFCS Board of Directors.





Are Household Chores Extinct?

Several years ago, Leah Marangu was a visiting professor at Brigham Young University from Kenya, Africa. I thought that my junior high school students would benefit from her cultural background and the interaction with someone outside of their small universe. The students were fascinated by her descriptions of teenagers' daily routines in Africa. Finally, one student asked, "What do teenagers do for fun?" I will never forget her response, "They gather water." The students could not understand her comment. She went on to explain that if the teen doesn't gather water, the family would have no water. The fun occurred in the games they played on their way to get water. One student said, "I guess my family would die of thirst. There isn't any way that I would do that!"

This student was echoing what is fast becoming a reality. Household chores are developing into a thing of the past. Housework declined for pre to early teens between 1981 and 1997 by 30 percent. A teen used to spend an average of more than 5 hours a week prior to 1997. Today, that average has decreased to 3 hours and 42 minutes. In addition, 41 percent of high school seniors surveyed in 1976 said they worked "almost every day" around the house, yard, or garden, only 24 percent of seniors in 1999 made the same claim (Kelly, 2001).

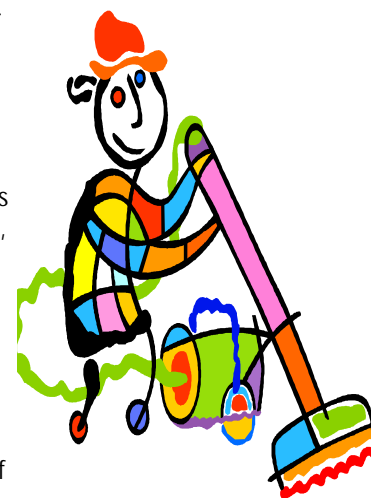
Some researchers are stating that there are several reasons for this. Many families choose to utilize their children's free time in academic activities or sports. Parents are too busy and tire at nagging about completing household chores (Kelly, 2001). Our families are more affluent with mothers working outside of the home; therefore, cleaning services are taking over the chores that were once reserved for children. However, it is not just wealthy children who dodge the chore bullet; the extinction of chores spans all socioeconomic levels (Korman, 2006). Children will reach adulthood without knowing what it takes to maintain and manage a household.

Some studies have shown that if you include the hours that teens spend babysitting siblings or taking care of pets, the hours of household chores actually increases; especially, by ninth graders whose siblings are typically younger and by those from larger families. (Gager, Cooney & Call, 1999). Some characteristics of family structure and the use of the teens' own time contribute to the amount of housework that teenagers perform but in a gendered context. Gager et. al (1999), showed that, considering all household tasks, teenage girls are more likely than boys to pick up the slack when needed. Despite major changes in the roles of men and women, evidence supports the fact that

teens continue to be socialized into gender-specific roles through the gender-typing of household assignments. In addition, the gender role assignments become more distinct as teens become adults (Gager et. al, 1999).

What does this research imply for Family and Consumer Sciences educators? Including care of the home through the identification of tasks that must be accomplished to manage a household, the maintenance of equipment, clothing, and home furnishings is of vital importance in curriculum planning and instruction. In addition, it is imperative that we model how to maintain and keep proper care of our facilities and classrooms. Clutter, unsanitary and messy rooms, and broken equipment stacked in corners only serve to reinforce the fact that daily tasks are not important. Students need to take an active part in helping to maintain the facilities in which they learn and work. Chores can be as valuable as other activities that have made them extinct. Tasks teach self-discipline, teamwork, help teens feel connected to the family, and help to prepare teens for the work world and life (Kelly, 2001).

Article written by:
Dr. Chris Moore, UAFCS
Chair, Family Economics
and Home Management



Resources:

Korman, A (October, 2006) The death of the chore. Philadelphia Magazine. 97 (10), pp.68.

Gager, C. T.; Cooney, T. M.; Call, K. T. (Nov, 1999). The effects of family characteristics and time use on teenagers' household labor. *Journal of Marriage and the Family*. Minneapolis. 61, (4), pp. 982.

Kelly, K. (Mar, 2001). Making kids do chores can be a labor of love. *U.S. News and World Report*. 130 (9) pp.57.





NEWS ABOUT YOU

We asked for news about you. Here is what we learned.

- Dr. Nancy Thompson former FACS Teacher Educator at Utah State University is adjusting to the learning curve in her new position as a FACS Teacher Educator at Ball State University in Indiana. Ball State is the top "wireless campus" in the nation, the technology is amazing, and consequently Nancy has a lot to learn. Please keep Nancy and her husband Roger in your thoughts and prayers as they fight his upcoming battle with liver cancer.
- Congratulations to Dr. Jean Lown from the Family, Consumer, and Human Development Department at Utah State University who received a \$25,000 grant from the Certified Financial Planner Board for her community education program: "Financial Planning for Women." Be sure to check out the website at: <http://www.usu.edu/fpw>
- Cheryl Empey, FCS USU Extension Educator in Cache County, will be chairing this year's "Northern Utah's Nights of Lights Celebration," a Youth Alliance community fundraising event held during December for After School Programs in Cache Valley. Cheryl will oversee the planning, holiday lights, wagon rides, window displays, music, performances, events, food, and so much more. During this event, Cheryl also holds Cache County's 4-H Craft Camp where youth plan, produce, market and sell their crafts at the Holiday Craft Fair. As one of the founders and executive board members of the Alliance for Youth, Cheryl's FCS training proves valuable as she partners with other youth serving agencies to make this celebration successful.
- Congratulations to Betty Murri, Clothing and Textiles Instructor and Undergraduate Advisor in Family and Consumer Sciences at Utah State University. She and her husband have accepted an LDS missionary call to serve as missionaries in the Asuncion Paraguay LDS Temple for two years. They will leave in July. In the meantime, Betty will prepare her USU classes for her temporary replacement and enjoy her new grandchild. Our best wishes for success go with you, Betty. We will be waiting for your safe return.
- After having 4 boys of her own and six grandsons, Susan Smith at Grantsville High School in Tooele School District, is having a granddaughter, Eliza Jean, in April. She promises not to spoil her. Do you believe it?
- Ronda Hale Weaver was married this past summer to a Texan, who instead of requiring Ronda to move to Texas moved to the Great State of Utah. This will allow Ronda to continue teaching at Bonneville Junior High, in Granite District (where Ronda thinks the students are the best in the state). Thus, Ronda is now using her FACS expertise to build a new house. Last spring, Ronda also completed her reading endorsement, which allows her to teach both Reading and FACS.
- But unfortunately, we are losing Susan Thurman, a great third year Foods Teacher at Lehi Junior High in Alpine School District to the State of Texas. Susan's husband has finished his degree at Brigham Young University and they have accepted a new employment position for him in the Dallas, Texas area. Although Susan plans to stay involved in the profession, and to keep her teaching certificate current, she hopes to spend the next few years at home with her young son, Owen.
- Joy Poulson, ProStart, Culinary, and Foods Teacher at Northridge High School in Davis School District will be a Grandma in May, but in the meantime is headed to Key West, Florida for Spring break to upholster a submarine! We must also mention that Joy is the 2007 ProStart Teacher of the Year!
- Bobbie Sue Newbury at Mountain Ridge Junior High in Alpine School District reports great frustration that her attempts to start a monogram business did not go well. The dealer where she purchased her new embroidery machine has failed to ever get the machine working correctly. Bobbie, maybe other FACS professionals know what machine or from what dealer you should have purchased, or better yet, where to take your machine for repair.
- Lanay Page at Kearns Junior High is a third generation FACS teacher. Her maternal grandmother, her mother, and her aunt were all home economics teachers. Her grandmother and aunt died when they were 32, her mother is now retired. Way to carry on the tradition Lanay. No doubt they are proud of you!
- Kristen Wilkinson Kohler is a FACS teacher at Mountain High School in Davis School District. On 4 February 2007, she had a baby boy they named Braden Michael Kohler. He's got to be cute if he's Kristen's baby!
- More baby news comes from Michelle Provst a FACS Teacher in Provo School District who had a baby boy, Parker Provst, on New Years Day. May you both have many Happy New Years to come!

More "NEWS ABOUT YOU" on the next page (page 5).



More News About You

(continued from page 4)

- Michelene Jex of Bonneville High School in Weber District is loving her life as a new first time homeowner. It's always great to be able to practice what you teach.
- The stork flew by again. Kristi Johnson at Sunset Ridge Middle School in Jordan District had a baby girl this past year. She welcomed baby Adeline K into their family last December. Mother and child are well and Kristi is back teaching again.
- Teresa Griffin at Oak Canyon Junior High in Alpine District is also happy to boast about the joys of being a grandmother to her first grandchild. She is also proud of her chemical engineer son and of her daughter who in the last 1 1/2 years has been the first runner-up to Miss Utah, a new bride, and a college graduate.
- Robin Gumbrecht at Sunset Junior High in Davis District has also just completed her Reading Endorsement. Congratulations Robin! We should end up with some fairly literate students thanks to another doubly trained FACS teachers.
- Valerie Harrison Grimes has had a busy year making practical application of the concepts she is teaching in her six full sections of Adult Roles and Financial Literacy at Lehi High School in Alpine School District. Valerie just celebrated her one year wedding anniversary with someone she considers to be wonderful, handsome, and intelligent. The union also required the blending of her four children with his six. Maybe Valerie will let us know if things are really "Cheaper by the Dozen." Valerie also completed her master's degree equivalency this past year!
- Genet Orme a FACS Teacher at Hurricane Middle in Washington School District is getting married this summer and moving to Utah County. If you know of a teaching position there, she is very interested. Genet is highly skilled in Clothing and Textiles, a former college instructor, and would be a great asset to any FACS program.
- Congratulations also to Pearl (Philipps) now Hart, our Family and Consumer Sciences Specialist at the Utah State Office of Education on her recent marriage.
- A superior achievement is being accomplished by Elizabeth Sampson who will graduate from Utah State University in May with her Master's of Science degree in Family and Consumer Sciences Education and Extension. This is a task she has fit in between being a part-time pattern designer, part-time third grade teacher, and full-time mother of six. No doubt she has learned that they don't give those master degrees away!



Joy in Mentoring the Next Generation of FACS Professionals

MarDene Fernandez, a veteran FACS teacher at Orem Junior High School in Alpine School District has had a great experience this past semester mentoring a student teacher from Southern Utah University. MarDene states, "This is my first time to have a student teacher from this university. In the past, I have had some really good student teachers from other schools in the state, and have enjoyed the association. But, this has been a most pleasant,

and enjoyable experience for me. Megan came very prepared, but I think she has learned MUCH about working with students and other teachers. We have taught several lessons as co-teachers for various reasons, and I have learned valuable lessons from her in the process. We often think of having student teachers as an opportunity to allow a pre-service teacher a teaching experience, but it is also a time when we can learn

and grow as professionals too as we share. I have discovered new enthusiasm and energy, and have seen my students in a new light as I have observed Megan. Just thought I would share. By the way, her name is Megan Gubler and she will be a great teacher for the lucky school who gets her!" Thank you MarDene for your great work, and "Way To Be" Megan!

Historical Home Economics Documents now available online

The historical documents of AAFCS were donated to Cornell University. These documents along with other donated historical home economics documents have now been catalogued and are available online.

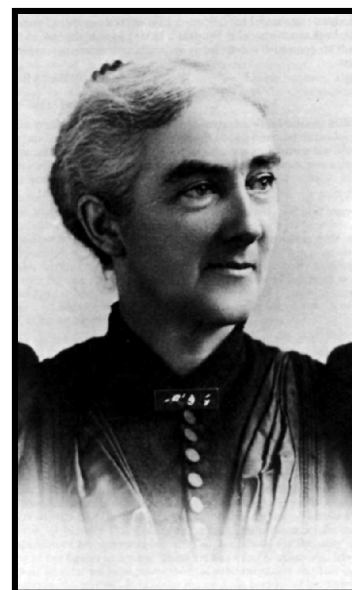
A very rich resource available to anyone with a computer and internet connection is the Cornell HEARTH website: <http://hearth.library.cornell.edu/>.

This site is a core electronic collection of books and journals in Home Economics and related disciplines beginning in 1850. The titles and full text of these materials are available, as well as, bibliographies and essays on the wide array of subjects relating to Home Economics. This site offers the Journal of Home Economics / Journal of Family and Consumer

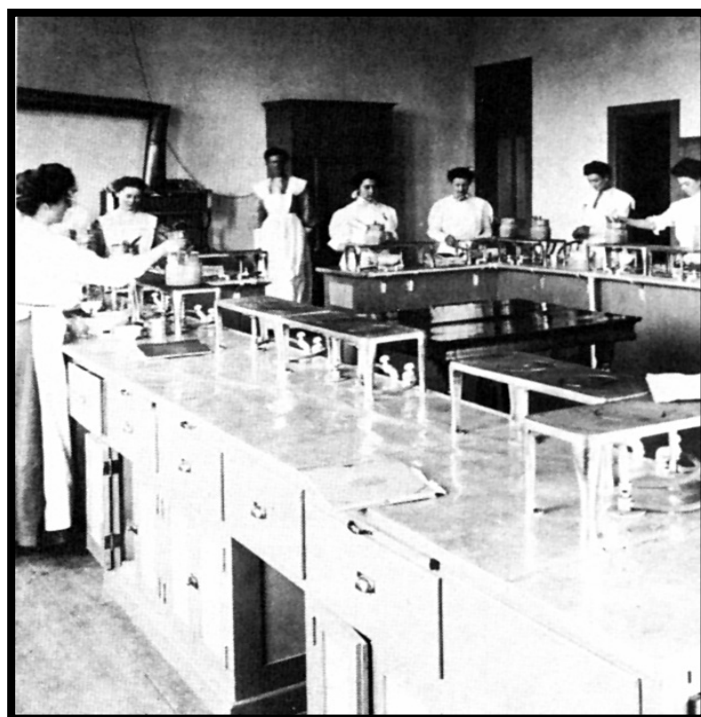
Sciences from 1909-1980 online. This information is free and directly accessible from your home computer.

The Division of Rare and Manuscript Collections can be found at <http://rmc.library.cornell.edu/>. A special series of Cornell research is titled From Domesticity to Modernity: What Was Home Economics? This site offers many biographies of early leaders in home economics and historical events and information.

The Cornell collections are open to the public — to students, faculty, visiting researchers, and members of the community. The Cornell Online catalog may be searched remotely via the Internet at <http://catalog.library.cornell.edu/>.



Ellen H. Richards
1842-1911, Founder



1915 Foods Laboratory

NEWLY ELECTED AAFCS BOARD OF DIRECTORS

President-Elect (2007-2008)

Sharon M. (Shelly) Nickols-Richardson

Directors-at-Large (2007-2010)

Sue Buck, CFCS

Virginia Richards, CFCS

NOMINATING COMMITTEE
(2007-2009)

Mary M. Warnock

Carol Werhan, CFCS

Former Board Member:

Tahira K. Hira

COUNCIL FOR CERTIFICATION

Deborah Sullivan, CFCS



A Tribute to Arlou Vance

Arlou Vance devoted 31 years as a Family and Consumer Sciences Teacher at Clearfield High School in Davis School District and 25 years as the Utah State Office of Education Advisor of Family, Career, and Community Leaders of America (FCCLA / FHA). Each of us understands the impact those years of service had on instilling values in young people and helping them to achieve their dreams.

Arlou Vance passed away, Saturday, January 27, 2007 at her home in Bountiful, Utah from cancer. She was born February 8, 1947 in Salt Lake City, Utah to Lloyd T. and Clyde Evalyn Christensen Vance. Arlou graduated from Kanab High School and earned her Bachelor and Master's degrees from Utah State University. She enjoyed sewing, cooking, reading, and traveling. She was a member of The Church of Jesus Christ of Latter-day Saints.

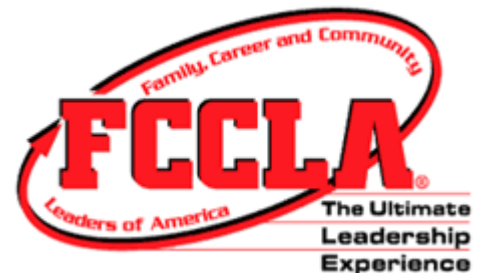
Of Arlou, her students said, "She touched my life, as a teacher, an advisor, and as a friend." "I looked up to her a lot. She was an amazing woman. As state FCCLA officers, she was our mother. We cared about her because she cared about us. She was smart and kind. I will never forget the many lessons she taught me." "She was my mentor, my role model, and a second mom. She pushed me to be my best and to develop valuable life long skills." "It was an honor to be tutored under such a great leader." "I will never forget the kindness she showed me and the service she rendered." "She gave so much of her time and talents to help others achieve their dreams. She personally taught me what it means to be a leader." "Because of Arlou, I went on to get my degree in Family and Consumer Sciences so that I could follow in her footsteps and touch lives as she did."

Of Arlou, her colleagues said, "Arlou was the icon of hard work and dedication to the Family and Consumer Sciences profession. It was a pleasure to know her and work with her." "We all looked to Arlou for leadership and help in running our local FCCLA programs. Because of her all of us were able to influence many other students to do their best and achieve their potential." "Arlou was a wonderful professional colleague and friend. She had a wealth of information to share and loved FCCLA and FACS with all her heart."

Arlou Vance left a great legacy of leadership and devotion to the Family and Consumer Sciences Profession and to the colleagues and students she served. We honor her for her service and friendship to each of us.



Arlou Vance
1947-2007



A Call For Service

It is time to make plans for the personnel structure of the 2007-2008 UAFCS Board. If you would like to be considered as a nominee to run for an UAFCS Office please contact a member of the UAFCS nominating committee. They are Kathy Riggs (kathyr@ext.usu.edu), Rea Gulber (gubler@suu.edu), and Ann Sorenson (ann.sorenson@

granite.k12.us.ut.us).

If you are interested in serving as an appointed member of the 2007-2008 UAFCS Board, please let your interest be known to Debra Proctor, UAFCS President-elect (debrap@ext.usu.edu). For a list of UAFCS Board positions please see the last page of this newsletter.

Honor a Colleague

Take a minute and nominate an UAFCS colleague to be considered for one of our 2007 UAFCS Awards. Among those you work with surely there is someone who is a "New Achiever," an "UAFCS Outstanding Leader," someone who has rendered "Distinguished Service," an "Outstanding

Teacher," an "Outstanding Extension Agent," or a "Friend of Family and Consumer Sciences." Nominations for these awards are being accepted by Tracie Bradley, Chair of UAFCS Scholarship and Awards. You can contact Tracie at tracie.bradley@snow.edu.



Teaching Financial Literacy in the Home

April is National Financial Literacy Month and an excellent time to stress the importance of financial education for children in the home.

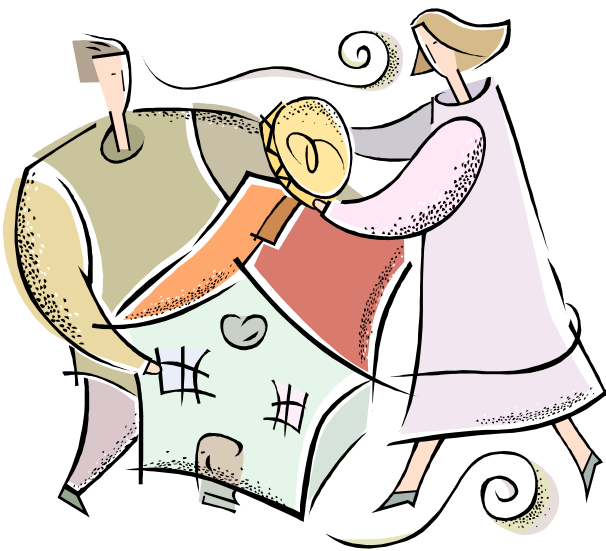
In today's society where personal saving rates are at an all-time low, credit is plentiful, and debt climbing, it's very important for young people to learn sound money management. According to the National Endowment for Financial Education, as little as 10 hours of financial education can influence the practices and financial knowledge of young people. You can set aside time each month to foster good money management skills for your family.

Begin by helping your child manage their allowance. Encourage your child to set goals, put some money aside for savings, and account for expenditures. You can also use the allowance to teach values and important life lessons. Encourage your child to save 10% and then use 10% for charitable giving. Teaching your child to manage their allowance and build a budget helps build self-confidence and self-control.

Include your child in family financial decisions. Your child can provide input, learn from discussions, and understand

about need vs. wants and sacrifices that a family may need to make for their wants and needs.

Take the time to discuss the uses of credit and the responsibility that comes with it. Today's youth will begin receiving credit card offers at age 16, make sure they



understand about interest, annual fees, and most importantly that credit is a promise to repay. The time you spend in teaching about debt and credit will certainly pay off when they begin making credit decisions on their own.

The opportunity to set up a savings account that your child can add to, on a regular basis, is their first step to financial security. Visiting a banking institution and acquainting your child with the banking process is an excellent teaching moment. Sharing this time and activity together sets the

tone for wise use of money at an early age. You might even offer to match their savings account contributions to encourage and teach the value (and rewards) of saving.

Teaching your child these practices will help promote financially responsible decision making and their success as an adult. However, the example you set in managing your money will be the best example. If you consistently spend beyond your means, don't set aside emergency savings and don't use a budget, your kids might imitate your behavior and set themselves up for problems down the road.

Teaching your children good financial skills also encourages you to strengthen yours. Begin now to help youth form good financial practices and become financially literate.

For additional information and ideas for teaching your children, visit the Jump\$tart Coalition for Personal Financial Literacy program at

www.jumpstartutah.com

Article written by:

Carolyn Washburn
UAFCS Chair, Family Relations
and Child Development



SPOTLIGHT ON A TRUE "FRIEND OF FAMILY AND CONSUMER SCIENCES" — ALMINA BARKSDALE

Editor's Comment:

As I walked into my first "Utah Home Economics Association" Meeting many years ago, one of the first professionals I met was Almina Barksdale. She was surrounded by several of her professional colleagues who I was also introduced to. As I have attended our association's annual meetings through the years

Almina has always been there, busily going about whatever her responsibilities were. Last October, I attended our UAFCS Annual Meeting. One of the first people I encountered as I walked into the registration area was Almina Barksdale. We visited briefly and then she left to greet others who were arriving. I thought, "There is a True Friend of Family and Consumer Sciences." Almina has served unselfishly in the profession

for many years. She had the opportunity to say good-bye as many do, as they retire from their professional careers. But, Almina has kept coming. And, she has continued giving. That is the mark of a "True Friend." For that we Salute Her Today.



ALMINA BARKSDALE – SPOTLIGHT ON HER CAREER

In 1945, Almina started her college education with a goal. She knew what she wanted to pursue and went for it. Home Economics was the name of the game with a major in Foods and Nutrition. Almina wanted to become a dietitian with the express goal of doing food research. A job in the Betty Crocker Kitchens would be just fine. But love entered the scene. Almina married at the end of her third year and because a dietitian in training could not be married (they had to live in residence along with future nurses) Almina did not complete her degree at that time. It was completed in 1967 with teaching certification.

Almina started her teaching career at Brockbank Junior High School in the Granite School District as a sewing teacher. She also spent twenty-four years teaching sewing to community school classes. After fourteen years of teaching she became the Home Economics Supervisor for the district.

A highlight of her teaching career was the development of the Occupational Homemaking class. It was a 9th grade two hour class where students would have hands-on experiences in the occupations of

Home Economics. Inspiration for the class came at the 1975 AHEA Annual Meeting in Denver. Discussion with Phyllis Woodbury (Granite District Supervisor), Aileen Erickson (State Home Economics Specialist) and others helped formed the concept for the Occupational Homemaking Class. Students would experience being a teacher's aide for the elementary teachers. During class time they would research other occupations in the field of Home Economics.

This program concept spread throughout the district and state. It was destined to continue for some 20-25 years. Because of this program Almina became involved with a state program to develop the C.H.E.C. Modules (Consumer Home Economics Careers). She helped extensively with their development. She helped organize pictures and warehousing of the module prototypes. There were 28 careers developed in this curriculum-in-a-box format. Students worked at their own initiative and pace. It was a big job, but her efforts paid off as she used them in her Occupational class. It was because of this program that Almina received her "Home Economics Teacher of the Year" award in 1978.

In 1980, after Almina had moved

into the Granite District Offices as the Home Economics Supervisor she became involved – or should we say drafted – onto a Home Economics AdHoc committee. The Utah State Board of Education was looking for programs to cut and Home Economics became the target. The Board had no idea how much noise this quiet group of teachers could make. Almina became the acting head of the committee. Teachers were organized statewide and they would show up at every hearing the Board of Education held. They let their feelings be known as to why Home Economics was so important. In addition, a strong letter writing campaign took place. Almina ended up giving a presentation to the Board at one of their bi-monthly meetings. End result – Home Economics programs were maintained in the state and became stronger. This was one of Almina's many contributions to Education in the State of Utah.

During her years at BYU in the 1960's, while completing her degree, Almina became involved with the Utah Home Economics Association (UHEA), now the Utah Association of Family and Consumer Sciences (UAFCS). She has held every position on the board including President. She also became active in UAVHET (Vocational Home Economics Teachers) (now

UATFACS). During Almina's career she has been honored with a number of awards. She explains that "Being honored by your peers is like receiving an academy award." Among the most notable awards were the "Teacher of the Year" and a "Distinguished Service Award" from the Utah Home Economics Association, an "Outstanding Vocational Educator Award" from the Utah Vocational Association, and several national recognitions for Outstanding Programs (this as a result of all the curriculum development she spearheaded). But perhaps the most treasured award was the honor that the Home Economics teachers in Granite District gave her. For her retirement they surprised her with a "roast" dinner and presented her with a one-of-a-kind diamond studded, 14k gold pin designed in the shape of a house with the saying "Love Home Ec".

Almina has certainly done some things right over the years. Today, we thank her again for her many contributions to Family and Consumer Sciences!



UAFCS Members to Present at Upcoming AAFCS Annual Meeting

Among the 30 peer reviewed Educational Sessions at the AAFCS Annual Meeting in Reno, Nevada this year are three sessions being presented by six UAFCS Members. All three presentations follow this year's annual meeting theme "America's Cultural Kaleidoscope: Challenges and Opportunities."

In Time Block 1 on Thursday, June 21st, Maxine Lewis Rowley, Brigham Young Univer-

sity Emeritus Faculty and Jenefer Rowley of Hunter High School in Granite School District will present "Uncovering the Essential Elements in Assimilating Immigrant Families."

In Time Block Five on Saturday, June 23rd, Rea Gubler, Kathy Croxall, and Artis Grady from Southern Utah University will present their session titled "A Common Thread: Examining Cultures Through Bread."

Also, in Time Block Five are, Julie Wheeler from Utah State University and Nancy Thompson from Ball State University (formerly of USU) who will present "Diversity in the Family and Consumer Sciences Classroom: Fresh Teaching and Learning Strategies."

We wish them well in their presentations and salute them for representing Utah at the national level.

The Next UAFCS Board Meeting will be held April 20, 2007 at 4:30 p.m. in Room 211 (2nd Floor) of the Utah County Courthouse in Provo, Utah. The address is 51 South University Avenue. All UAFCS Board Members are encouraged to attend. Any members wanting discussion by the board on a specific topic should contact UAFCS President Kathy Croxall at croxall@suu.edu

DID YOU HEAR?



Rebecca "Becky" Cox has been elected as the National Vice President of the Family and Consumer Sciences Division of the Association for Career and Technical Education. Becky is a FACS teacher and CTE Coordinator at Lone Peak High School in Alpine School District. A former UACTE FACS state president, Becky has been active on the regional and national levels. She represents the FACS Division on the ACTE Professional Development Committee and she was the Region V Nominations Chair. Becky received her Bachelors Degree from Brigham Young University.



At the recent UACTE Winter Conference in St. George, Utah three Family and Consumer Sciences Professionals were honored and received statewide UACTE Awards.

Becky Cox, FACS Teacher at Lone Peak High School in Alpine School District, received the ACTE Teacher of the Year Award.

Heather Whitworth, TLC FACS Teacher at Timberline Middle School in Alpine School District received the ACTE Outstanding New Career and Technical Teacher Award.

Diane Hendrickson, Jordan High School Internship Coordinator and former FACS Teacher in Jordan School District received the ACTE Outstanding Career and Technical Educator Award.

CONGRATULATIONS!

INDOOR AIR QUALITY

Some of the most serious health problems for children may start at home. The air inside can be more harmful to your family's health than the air outdoors. Air can be unhealthy if it has too many pollutants. Indoor air pollutants can be lots of things—from oven cleaner fumes to cigarette smoke to mold.

It is not always easy to tell if your home has unhealthy air. You may notice bad smells or see certain smokes, but you cannot see or smell other dangers, like carbon monoxide and radon. Since most of us spend over half of our lives in our homes we want to be sure the air is as safe as we can make it.

Indoor Air Pollutants

Sometimes indoor air pollution comes from what people do in their homes. Considerations of concern are tobacco smoke, smoking oils (getting oils too hot in cooking), pet dander, hobbies, and home projects that involve sanding, painting, varnishing, etc. Also any other toxic chemicals that may come into the home that can

be problematic are oven cleaners, solvents, and other strong cleaning agents—like tile cleaners.

Sometimes indoor air pollution comes from what people have in their homes. This includes new carpeting (the off-gassing from the glues and fibers), pressed wood products and furniture (glues and resins), combustion appliances—heaters, water heaters, gas stoves, etc. Also of consideration is asbestos and of course lead (lead based paint primarily.)

Mold

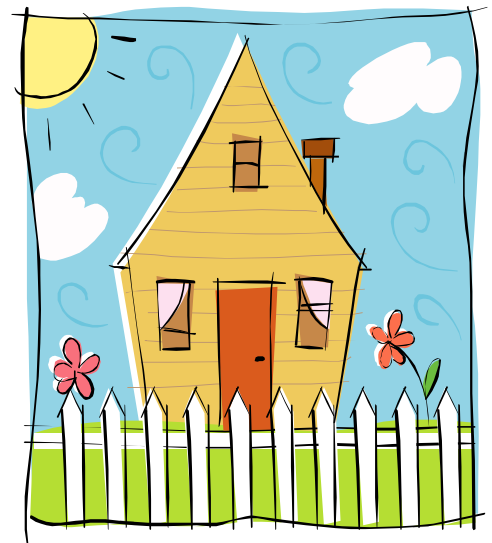
Mold grows in wet or damp places. It often smells musty. Many people are allergic to mold spores. Some kinds of mold are toxic, and coming into contact with large amounts of mold can cause health problems for many of us. It is important to fix moisture problems right away. Get a doctor's advice if you suspect there might be health problems due to mold in your home. Some common ones include watery eyes, runny nose, headaches, tiredness, wheezing, itchiness, and trouble breathing.

Carbon Monoxide

Carbon monoxide (CO) is a deadly gas that can come from appliances that burn gas, oil, coal, or wood, and are not working as they should. Car exhaust also contains carbon monoxide. You cannot see carbon monoxide, taste it, or smell it. It kills over 500 people a year and makes hundreds more ill. The signs of CO poisoning seem like the flu—and many do not even realize it is from breathing in carbon monoxide. People who do survive significant exposure to this deadly gas can suffer brain damage, lose their sight or hearing, or have heart problems. The good news is you can prevent CO poisoning. Simple things like having a professional inspection of your furnace, checking your chimney, proper venting throughout your home, using a fan when using a gas stove, and installing good carbon monoxide detectors, will all help keep you safe from CO poisoning.

Other Indoor Air Problems

There are also other concerns to achieving healthy indoor air. Be careful of radon, lead, asbestos, household cleaners, and pesticides. Be sure to learn more about these issues by contacting your local Extension Office, your state and local health department, the EPA, and even your state Indoor Air Quality Program.



Article Submitted by,
Teresa Hunsaker,
UAFCS Chair, Housing
and Environments



Certification – What are the Benefits?

It is time to visit some of the benefits and changes to the Certification program with AAFCS. First there are some real benefits to the certification designation. Those in Extension in the state have been encouraged to be certified because it helps our national reputation as well as employment opportunities. For all educators and business related FCS professionals, certification adds another level of competence and credibility to the foundation of our profession.

Certification:

- Promotes continuing education and professional growth;
- Provides recognition to individuals, allows them to use the CFCS title and certified designation;
- Increases professional employment opportunities;
- Fosters excellence in the family and consumer sciences profession;
- Markets the profession;
- Assists employers in recruitment and selection of highly qualified individuals within the profession.



Approval for PDUs

If you are sponsoring a professional meeting and would like professional development units (PDU's) assigned for the meeting, please contact me and I will apply for them. I must have detailed information on time breakdown, content, and presenters' expertise in order to submit the application. Contact me at marilyna@ext.usu.edu or call me at 801-468-3177.

What are the areas you can be certified in?

When the certification process began there was only one certification category that encompassed all of Family and Consumer Science. Now as there are specialties in the profession that may be more tailored to a specific area of FCS, you can opt for one of three certification categories. You can then request testing in that specific area. They include:

Family and Consumer Sciences (FCS) Composite

FCS – Human Development and Family Studies

FCS - Hospitality, Nutrition and Food Science

The new exam system is designed to identify those competent in family and consumer sciences content. Utilizing this new exam system can help states looking for contemporary and creative ways to assess potential candidates for employment in critical shortage areas such as teaching and human services arenas.

How do you become certified?

To become certified, an individual must earn a minimum of a baccalaureate degree and successfully complete one of three available National Family & Consumer Sciences Examinations. A [study guide](#) is available for the National Examinations, for those interested in sitting for the exam(s), and provides information about the

content of the examination, sample test questions and a list of publications and textbooks in each of the content areas covered by the examination. It is available at <http://www.aafcs.org> under the certification section.

Candidates for the comprehensive and concentration exams include:

- Certified FCS professionals -- to elevate credentials to the highest level
- Licensed K-12 teachers -- to qualify for FCS teaching opportunities
- Executives, administrators and specialists -- to refresh and expand expertise
- Graduating seniors -- to demonstrate competencies
- New professionals -- to convey credibility and leadership
- Returning professionals -- to verify up-to-date knowledge

How do you maintain certification?

The Certification Maintenance Fee is \$50 annually and must be received at AAFCS by September 15, in order to avoid the late fee charge of \$25. Payments postmarked after November 1, will not be

accepted. Once every three years you must submit proof of earning 75 PDU's to keep your certification valid.

How can you earn PDU's? You can attend professional meetings, read peer reviewed

articles in the Journal of Family & Consumer Sciences and respond to questions developed for those issues. More details will be available soon on the <http://www.aafcs.org> website.

Prepared by

*Marilyn K. Albertson M.S.,
CFCS – UAFCS Certification
Chair, Utah State University
Extension Family & Consumer
Science Agent, Salt Lake
County*

Schedule of Upcoming FACS Events

- April 2007 Youth Financial Literacy Month
- April 20-21 2007 FCCLA New State Officer Retreat, Cottonwood Inn, Bountiful
- April 20-22 2007 ProStart National Competition
- April 26-28 2007 4-H State Leadermete, Panguitch
- April 30 2007 Online Summit for Financial Literacy and Education
- May 6-12 2007 PTA National Teacher Appreciation Week
- May 11 2007 FCCLA Board Meeting, Nebo Learning Center, Springville
- June 11-12 2007 FACS Nutrition Conference at Riverton High School
- June 13-14 2007 FACS Summer Conference, Riverton High School
- June 15 2007 TLC Conference for all TLC Teachers, Murray High School
- June 21-24 2007 AAFCS 99th Annual Conference and Exposition, Reno, Nevada
- July 8-12 2007 FCCLA National Leadership Convention, Anaheim, CA
- July 9-11 2007 4-H State Contests, Utah State University, Logan
- July through August 2007 County Fairs for FCS Extension Professionals
- September 17-20 2007 NEA FCS (Extension) Annual Meeting, St. Paul, Minnesota

June 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Nutrition Conference Riverton High	12	13 FACS Summer Conference Riverton High	14	15 TLC Conference Murray High	16
17	18	19	20	21	22	23
				AAFCS 98th Annual Conference Reno, Nevada		
24 AAFCS Conference	25	26	27	28	29	30

Two National Conferences this year in Nevada (So close you can drive!)

It's not too late to register for and attend the AAFCS 98th Annual Conference and Exposition in Reno, Nevada, June 21-24. If you have never had the opportunity to attend a Family and Consumer Sciences national meeting this is one you don't want to miss! It's so close! Go to: <http://www.aafcs.org/meetings/07/index.htm> for more details.

The ACTE 2007 Annual Convention and Career Tech Expo will be held in Las Vegas, Nevada, December 13-15. The Association for Career and Technical Education is the nation's largest association dedicated to the advancement of careers for FCS youth and adults. Go to <http://www.acteonline.org/> convention for more details.



Cost

\$35 for Current FACS teachers or individuals with current teaching certificates. \$50 general registrations. Please add \$15 for registration received after June 6th.

Location

Riverton High School
12476 South 2700 West
Riverton, Utah

Topics

- Food trends
- Sports & energy drinks
- Early Puberty
- Body images & diet
- Blogs & podcasts
- Nutrition on the web
- Family meal times
- Nutrient Rich Foods
- Teaching MyPyramid
- Ingredient labels
- Nutrition Environment
- Breakfast
- Equipment & tools
- Supplements & teens
- Cultural aspect of food
- Demonstrations / Labs

Nutrition and Food Science

Annual Nutrition Workshop To Be Held!

Registration

- Individuals may pre-register by calling the Dairy Council of Utah office (801) 487-9976. Online registration will be available mid-April at www.dairyCouncilUTNV.org
- Registration confirmation and full class schedule will be emailed to participants with valid email addresses.
- We respectfully request children not attend the workshop.

The Dairy Council of UT/NV and the Utah State Office of Education—Family & Consumer Science are pleased to once again sponsor the annual Nutrition and Food Science workshop.

Speakers and breakout sessions, under the theme of "Nutrition Jeopardy," will help participants refresh and update their nutrition background. Participants will also receive valuable resources and materials to assist in their teaching.

Classes include a variety of learning opportunities - lectures, labs, handouts, demonstrations and hands on activities.

Objectives

- Participants will receive updates by lecture, discussion, handouts and demonstrations on current research topics in the field of nutrition and food science.
- As a result of the workshop, participants will be provided ways to make nutrition information meaningful and relevant to students and clients.
- As a result of this workshop, participants will be able to personally apply diet research to improve their health and broaden their academic understanding.

Nutrition Jeopardy
June 11-12, 2007
Monday & Tuesday
8:00 AM—5:00 PM





EVERYONE NEEDS THE F.A.C.S. OF LIFE!

Family and Consumer Sciences Summer Conference

June 13-14, 2007

Riverton High School

12476 South 2700 West, Riverton, UT

Featured Speakers

Mary Shumway

USOE Director of Career
and Technical Education

Marilyn Swierk

AAFCS Vice President
of Services

John V. Johnson

Instructor Chef, Johnson
and Wales University

SCHEDULE

7:00 -- 7:45	Registration
8:00 -- 9:15	General Session
9:25 -- 11:40	Concurrent Family and Consumer Sciences Workshops
11:40 -- 12:40	Lunch
12:40 -- 4:00	Concurrent Family and Consumer Sciences Workshops

QUILT SHOW — WEDNESDAY

VENDOR EXHIBITS — THURSDAY

Register Online starting the middle of April
See <http://www.schools.utah.gov/ate/facs/facs.htm>
or: <http://www.usoe.k12.ut.us/ate/newate.htm>



An Affiliate of the
American Association of Family and
Consumer Sciences

Newsletter Editor
Maribeth C. Clarke, PhD, CFCS

Questions or Comments, Email:
UAFCSnewsletter@Gmail.com

The content of this newsletter is intended for educational and information purposes only. Those who have submitted articles are solely responsible for the content contained therein. Efforts have been made to credit appropriate sources used. Omission of credit, where credit should be given is not intentional.

UAFCS is on the
web at:
<http://www.uafcs.org>



Utah Association of Family and Consumer Sciences

The Utah Association of Family and Consumer Sciences (UAFCS) is a state affiliate of the American Association of Family and Consumer Sciences (AAFCS). AAFCS was founded in 1909. UAFCS is a non-profit professional organization whose purpose is to improve the quality of individual and family life. The AAFCS is the only national organization representing family and consumer sciences professionals across practice areas and content specializations.

Members of the Utah Association of Family and Consumer Sciences represent a comprehensive cross section of the family and consumer sciences profession. Opportunities for involvement in the association occur at the national and state levels, as well as with colleagues in professional sections and subject-matter oriented divisions.

UAFCS Board Members

Executive Committee

President: Kathy Croxall
President-elect: Debra Proctor
Past President: Carolyn Chipman
VP of Work: Darlene Christensen
VP of Work: Elect Cheryl Empty
VP of Membership: Sue Reber
Secretary: Christine Jensen
Treasurer: Suzanne Dent
Newsletter Editor: Maribeth Clarke

Subject Matter Chairpersons

Clothing & Textiles: Betty Murri
Family Ec & Home Mgt: Chris Moore
Fam Rel & Ch Dev: Carolyn Washburn
Food & Nutrition: Artis Grady
Housing & Int Design: Teresa Hunsaker

Appointed Board Members

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Certification: Marilyn Albertson
Public Relations: Cynthia Wright
Colleges & Universities: JoAnne Roueche
Utah State Office of Ed: Pearl Hart
Scholarships & Awards: Tracie Bradley
Development: Julie Wheeler
Research Journal Editor: JoAnne Roueche
Nominating Committee: Kathy Riggs
Nominating Committee: Rea Gubler
Nominating Committee: Ann Sorenson

If you are not a member of AAFCS and you have a college degree in an area related to Family and Consumer Sciences, we encourage you to look at the benefit of becoming a member. For more information see: <http://www.aafcs.org/membership/benefits.html>